

EMPLOYEE ASSISTANCE PROGRAM: EXTENDED WELLNESS PLAN



PARENTING RESOURCES	ELDER CARE RESOURCES	LEGAL ASSISTANCE	FINANCIAL CONSULTATION
<ul style="list-style-type: none"> Child Care Information and Referral Child Care Centers Family Day Care Nannies/ In Home Day Care Pre-Schools and Toddler Programs Summer Camps Back Up Care After School Care School Vacation Programs Adoption Pregnancy and New Parenting Parenting Concerns School Selection Step Parenting Issues 	<ul style="list-style-type: none"> Elder Care Information and Referral Nursing Home Referral In Home Assistance and Support Hospice Programs Life Care and Retirement Programs Housing Options Transportation Services Caregiver Support Home Health Care Services Respite Care Legal and Financial Assistance Elder Day Care Meals On Wheels 	<ul style="list-style-type: none"> Consumer Issues Credit Problems Bankruptcy Income Tax Estate Planning Wills, Trusts and Probate Separation and Divorce Child Custody and Support Adoption Domestic Violence Elder Care and Medicaid Nursing Home Issues Real Estate Purchase and Sale Landlord Tenant Disputes 	<ul style="list-style-type: none"> Budgeting Money Management Debt Management Debt Crises Retirement Planning College Planning Tax Planning Investment Guidance Wills and Trusts Insurance Planning Estate Planning
STRESS REDUCTION	CAREER ASSESSMENT	WORK LIFE RESOURCES	NUTRITION CONSULTATION
<ul style="list-style-type: none"> Stress Management Stress-Related Illness Meditation Training Performance Problems Time Management Alcohol Assessment Family Problems Depression Screening Anxiety and Panic Disorders Coping with Change Relationship Concerns Chronic Illness Sleep Disturbance 	<ul style="list-style-type: none"> Career Exploration Career Counseling Career Testing Interest Testing Personality Testing Job Search Skills Development Planning Career Web Sites 	<ul style="list-style-type: none"> Health Information College Planning Fitness Programs and Trainers Yoga Classes First Time Home Buyer Information Transportation Options Organizing Services Home Cleaning and Moving Services Classes for Adults and Children Resources for Apartment Searches Health Spas Pet Care, Insurance and Adoption Smoking Cessation Programs 	<ul style="list-style-type: none"> Nutrition Consultation Weight Management Chronic Illness Diabetes Food Allergies Eating Disorders Gastrointestinal Problems High Blood Pressure High Cholesterol Immune System Support Sports Nutrition Wellness Education